

A call to simplicity



Factor three

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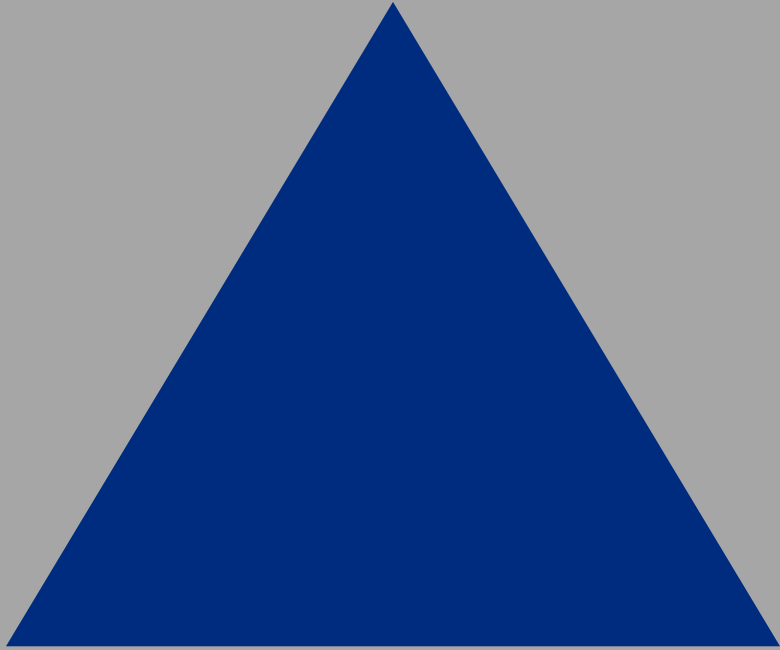
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Where does **fktr3** come from?

fktr3 (**factor three**) is a mash-up of 57 years of observation that has been put into words to stimulate reflexion on simplicity, while reminding us what we should already know.

It is meant to be short, integrated, and straight to the point. Enough so to help us focus on what is "really" important to us.

A call to simplicity



fktr3 : a call to simplicity

In a world where everything revolves faster by the minute, what do we hang on to? Why would we? And how should we?

The most adapted people would advise us to slow it all down by focussing on the priorities. But what are the priorities of life? Nowadays, we can easily lose ourselves in so many priorities that it becomes more and more challenging to focus on what is really important.

So I went on checking out the turmoil made by a life full of projects and challenges and started defying my beliefs by looking at the basics of life.

It didn't take me long to observe that life is complex but does not have to be that complicated. In fact, I realized that we live in a world that basically function by triads*.

As obvious as it may be, we tend to forget that we actually live in a **3** dimensional world : height/width/length, where exists **3** types of elements : gas/liquid/solid, that lives through **3** stages of life : beginning/middle/end.

If you think this is far-fetched, you'd be surprised to find out how many elements of your life actually work instinctively by triads. There has to be a reason why we see through **3** primary colours, that we generally eat **3** basic meals a day

and that we learn faster on a **tricycle** than a bicycle. It simply goes with our nature. I am actually so convinced of this triad revelation, that I now believe unnatural anything that works otherwise, therefore more complicated.

Now, pretending for a moment that this concept is irrefutable, what would be the fundamental triad of human life (the **3** priorities of life)? Why would it be? And how should we cultivate it?

So, it is in a personal effort to answer these **3** questions that **fktr3** came to be.

*Triads are composed of **3** interrelated elements that are obviously affected by one another. Consequently, we must invest equally in each element of a triad in order to attain maximum balance, prerequisite to a better overall way of living. In **fktr3**, this concept is called the 'equal light' principle.

It takes 3 sides...

to make a story
yours / mine / the truth

priorities

3 essential elements

of life

considered the fundamental priorities of human life

fktr3's priorities of life

HEALTH

LOVE

PROSPERITY

Having my grandfather wishing me health, love, and prosperity on the first day of every year left me bored and confused as a kid. I just wanted the gifts that came with the occasion and play till bedtime. In the long run though, I have come to realize to what extent this "priorities of life triad" is essential to anyone aiming for a simple, happy and harmonious life. And I'm now making sure that the legacy lives on, in my life anyway.



HEALTH: to be functional

I guess it's not hard comprehend why health is one of the chosen element of the triad. In fact, no one can be adequately functional with a serious health degradation. And even if sometimes, I take health for granted, I understood the need to be selective about the choices I make concerning my physical, emotional and spiritual health.





LOVE: to vibrate

And love, let's talk about the Love element?! All these songs, books and movies about love keep pressing our undeniable need to vibrate to the rhythm of a relationship. And it is more than obvious to me now, that in order to have a flourishing vibration with my environment, I first need to be in tune with my own self-love, with the constituents I consider my family, and with my entourage.





PROSPERITY: to do what we are meant to do

In **fktr3**, prosperity is not to be associated with the last 500 years of treasure hunt. It is rather considered an element intimately attached to our sense of purpose. And I believe that to perpetuate prosperity, we must be able to build and maintain the proper personal growth that is needed to find the right playgrounds to fulfill the roles that are best suited for what we truly are as individuals.



It takes 3 colours...

to manage traffic

contextual

3x3 essential elements of context

triads

selected in conjuncture with our 3 priorities of life

HEALTH contextual triad

Physical
Emotional
Spiritual

Health has always been a pretty big word in the mouth of any caring individual. Unfortunately, too many times we have been misled by some advice or debatable studies that have left us confused. So without any pretension, in **fktr3**, we will try to steer away from confusion by focusing on the physical, emotional and spiritual contexts of health.



PHYSICAL health: to be operative

To be able to operate physically in life comes out as a priority. Our body is the owner of the senses, the carrier of the soul, a pure mechanic at the service of the mind and emotions. So how about obeying the basic mechanical rules and fuel, rest and maintain ourselves physically in order to be operative.





EMOTIONAL health: to regulate how we feel

For its part, emotions are far from being obvious to render. In the course of evolution, countless hypotheses aiming to grasp what may cause people to feel the way they do have seen the light of day. Some have been complementary when others have been contradictory. The one thing that most will agree on, is the importance for an individual to develop the capacity to identify, demystify and manage its emotions in order to regulate them.





SPIRITUAL health: to be in harmony

I guess there are as many ways of looking at spirituality as there are living entities. We can no longer mainly associate spiritual health to religion. For at the present time, people can be seen as firm believers in any of their endeavours, from careers, through obligations, all the way to leisure. And spirituality cannot be taken lightly. Success occurs mainly in presence of good spirituality, which seems to be obtain through the harmonization of our own values, beliefs and affiliations.



It takes 3 notes...

to make a chord

LOVE contextual triad

Self-Love
Family
Entourage

"Charité bien ordonnée commence par soi-même", is a french quote that I heard mostly from that wonderful mother of mine. In spite of the fact that she is probably the most charitable person I've met to this day, she would always press the fact that we must treat ourselves properly first, in order to do the same with anyone else.



SELF-LOVE: to fertilize ourselves

I believe without a doubt, that the self-love element is a prerequisite to a healthy love triad. Not the narcissistic one, but the one that comes from the soul. The one that makes an individual radiant. The one that comes from self-acceptance, self-respect and self-esteem. Without self-love, no kinds of love can be truly cultivated.





FAMILY: to socialize unconditionally

Another element of the love triad is what is considered family. The most intimate environment of socialization. The surrounding where unconditional love is mostly found. So far, I have met none who remains unaffected by the devotion of a significant other, the admiration of a youngster or to the caring of an elderly.





ENTOURAGE: for assistance

The entourage is referring to all people (and environmental elements) that will make a difference in one's life solely by their presence. The friend that helped you cord that pile of wood, the acquaintance that referred you to the right mechanic, or the community fireman that prevented your house from being burned down to the ground. The entourage is all the elements with whom it is shown that we are open to connect, associate and contribute in common interests.



It takes 3 to make...

a more balanced decision

PROSPERITY contextual triad

Personal growth

Playgrounds

Roles

Everyone knows a story about an individual who started from scratch and ended up being a multimillionaire. This is NOT the type of prosperity we are going to press in **fktr3**. For we are looking for the kind of prosperity that will guide us to a simple, happy and harmonious life. The kind that will make us the owner of our destiny whatever the monetary outcome.



PERSONAL GROWTH: to cope with situations

The personal growth is what allows us to develop that sense of self-trust and personal control that enable us to cope with personal and social situations. So, to proceed in that direction, we must not only know things to figure out our options in life but also tune the relevant aptitudes, and successfully drive these natural abilities with the right attitudes.





PLAYGROUNDS: to experiment Life

Playgrounds are where we experiment with our lives. The more we are aware of their attributes, the more we are bound to find the proper playgrounds to genuinely engage ourselves in. All that in order to create, develop and expose who we truly are.





ROLES: to evolve

We play all sorts of roles in all sorts of playgrounds. And once playgrounds of choice have been identified, that fields of interest have been recognized, it is often only a matter of time before we discover what roles we want to play in it, and vice versa. And I believe that it is by being some kind of model, coach or teacher, that we learn that each and every one of these type of roles is crucial to our evolution as human beings.



It takes 3 needles...

to make a throttle watch

operational

3x3x3 essential elements of action

triads

aiming at cultivating our 3 priorities of life

PHYSICAL operational triad

fuel

rest

maintain

I can't help thinking about the hundreds of people I've seen neglecting their own vehicle (body), but invest time and fortune in their car. And I'm not talking about aesthetic surgery here, I'm talking about physical health.



FUEL: to be up and running

The first element of the triad that permits a proper functional vehicle to be up and running is fuel. For homo sapiens, it's done by breathing, drinking, and eating, in that order. For on average, we can be operational for about **3** minutes without air, about **3** days without water and about **3** weeks without food.





REST: to recuperate

Another element of the physical health operational triad would be rest. It doesn't take a genius to know that no one can live on 'energy drinks' forever. The body needs to ease down to recuperate. In **fktr3**, resting is done by sleeping, napping and meditating.





MAINTAIN: to run smoothly

The final element seems to be the one that is mostly taken for granted, the maintenance. Simply put, for our body to run smoothly, we also need to exercise to prevent rust, to inspect for anomalies and to repair when indicated.



It takes 3 full breaths...

to reinstall calmness

EMOTIONAL operational triad

identify
demystify
manage

As complex as can be, emotions have always been considered as "hard to grasp". Up to this day, it remains puzzling to figure out what makes two similar events trigger two totally different emotions, even for the same individual.



IDENTIFY: to classify

In **fktr3**, to classify an emotion, we aim to discern between the following **3**: happiness, sadness and anxiety. Why anxiety and not fear or anger? From my point of view, anxiety is an emotional state that covers more than just fear. Not only does it comprise that "lack of sense of control" and that "threat to the ego", but it also covers "eagerness". Secondly, since I often consider anger as a byproduct of deep down sadness that triggers a survival mode, there is no need to repeat ourselves.





DEMYSTIFY: to understand

Once identified, emotions have to be demystified in order to be understood. The Action-Interpretation-Reaction (AIR) method may help demystify what may cause people to feel the way they do. For example, A: a funny remark about your morning hairstyle, I: that is interpreted (or perceived) as a mockery instead of a funny joke has a good chance to trigger R: sadness, which in turn might induce anger and so on. To put it simply, a lot has to do with our perceptions of things.





MANAGE: to be mostly objective

Whatever the emotion at hand, we must be able to handle it with care and objectivity. Yet, we are all built to think a certain way, some more subjectively than others depending vastly on our education. So, in front of an emerging emotion we should ideally be able to take a distance from A: the situation at hand, to verify if R: the induced emotion is adapted or relevant to that situation and challenge I: our interpretation, in order to allow readjustments when required.



It takes 3 utensils...

to eat a full meal

SPIRITUAL operational triad

value

believe

affiliate

One doesn't have to be a Gandhi or a Nelson Mandela in order to be in spiritual health. It is my conviction that it is rather a question of being able to value, believe, and affiliate harmoniously like they did.



VALUE: to state what is important to us

What do we value the most in life? We are all able to come out with totally different righteous subtle answers to that question. But in general, I'd be tempted to come back to the fact that homo sapiens generally need to vibrate to the rhythm of a relationship. And that people who tend to value respect, compassion, and gratitude, seem to develop an impressive affinity with their environment, and therefore a pretty outstanding spirituality.





BELIEVE: to have faith in our opinions

Some believe we are just part of the cycle of life while others are convinced that we all have a specific purpose in life. No matter the belief, the important thing is to believe in something in the now, so that our opinions (by-products of our beliefs) count as a reference to why we act the way we do. For my part, I believe that life is a mission of evolution through harmony. That would explain my perpetual reflex of always wanting to harmonize my environment.





AFFILIATE: to belong

There are countless spiritual affiliations in the world today. I would say that it is mostly due to that human need to feel that we are not alone, that we belong, whether it is to a common, political or religious affiliation.



It takes 3 ...

to make a family

SELF-LOVE operational triad

Self-accept

Self-respect

Self-esteem

For most of us, the need to love and to be loved is undeniable. In spite of all the superficialities, we are all generally seeking true love. And it's been countlessly stipulated that the best way to accomplish that goal is to truly love ourselves first by accepting, respecting and esteeming who we truly are.



SELF-ACCEPT: to appreciate who we are

So what is self-acceptance? To put it simply, it is mainly to welcome our weaknesses as much as our strengths in order to be happy with who we are NOW. No matter the magnitude of the task at hand, it's something we must all try to accomplish whether it is regarding our appearance, personality, or behaviours.





SELF-RESPECT: to live righteously

For its part, self-respect becomes attainable when we put in action our feeling of having the right to live as we please with conviction, honesty, and dignity, no matter what others think about it.





SELF-ESTEEM: to feel worthiness

Self-esteem will flourish instinctively towards that feeling of worthiness as long as we consider ourselves as deserving of attention, consideration, and relationships.



It takes 3 steps...

to be walking

FAMILY operational triad

Devote

Admire

Care

The word "family" embraces whole lots of concepts. For in these times, we all have our own standards by which we define a family. In other words, family, more than ever, is what we make it. Some will now consider friends and even sometimes pets, to be as important or more than blood-related family. And that explains sometimes why they will devote, admire and care for them more than for anybody or anything else.



DEVOTE: to commit energetically

Devotion is something that we often witness in presence of people, activities or causes that are of great importance to us. And since the family (blood-related or not) is usually of great importance, it is expected from anybody aspiring to a healthy family constitution to devote themselves through leadership, diligence and loyalty.





ADMIRE: to approve warmly

Admiration is more than just looking in awe at something or someone impressive or attractive. It is also a way to approve warmly of someone's realizations through gestures, kind words and affection.





CARE: to express concern and interest

The family is ideally a caring environment. It is where each and every member can find and give proper care through presence, guidance and provision.



It takes 3 to...

Tango
you / me / music

ENTOURAGE operational triad

connect

associate

contribute

When it comes to the word entourage, the Oxford Dictionaries defines it as; "...a group of people attending or surrounding an important person". To continue in that sense, that would mean that we all need to be surrounded by people that could rightfully connect, associate, and contribute to our way of life no matter their status (friends, acquaintances, community ...).



CONNECT: to exchange

Connecting with anyone to form a relationship or feel an affinity is an act that enables us to gain or provide access so that an exchange can be carried out. It is without saying that this is most valuable with someone where a mutual connection through communication, companionship, and playfulness is possible.





ASSOCIATE: to create a supportive environment

No matter the purposes, to associate with someone, whether it's a friend, a contact or a colleague, generally creates awareness, openness and sometimes disclosures about common interests. Which in turn supports and facilitates common goals attainments.





CONTRIBUTE: to help achieve

Whether it is to give one's views, to supply or to bring about, contributing to a group of people who are considered a unit that works on common interests produces opportunities of implication, cooperation and sharing that are considered great attributes for a healthy community.



It takes 3 adjustments...

To take a picture
aperture / speed / ISO

PERSONAL GROWTH operational triad

Know

Tune

Drive

It is of my opinion that personal growth is not only determined by what we know. It is also dependent of the specific aptitudes (or natural abilities) we chose to tune, and the attitudes we select to drive them with. And there is no magic formula, for we all have different aspirations.



KNOW: to determine our expectations

So, what do we need to know? I guess everything that will help us determine what we really want out of life, not what our neighbours think we should. So let's all wish ourselves a lifetime of curiosity so we can target, focus and collect through our most natural learning process.





TUNE: to upgrade our natural abilities

Curiosity certainly facilitates the viewing of our options in this life. But once we have collected a certain amount of knowledge, why should we select certain options over others? Hopefully, because we have recognized our fundamental aptitudes and subsequently decided to enable and upgrade these natural abilities and tendencies so we can grow in conformity with what we should "instinctively" do with our lives.





DRIVE: to use and manage our aptitudes constructively

Now, in order to use our natural abilities constructively in society, it would seem imperative to drive them with the proper attitudes. In other words, to make sure that they are helpful, aptitudes need to be managed with security, compatibility and adaptability.



It takes 3 strikes...

To be out
(Baseball)

PLAY
GROUNDS operational triad

Create

Develop

Expose

"Life is our playground" is a sentence that sums it all, in my book anyways. To be coherent, that would mean that life is made to be enjoyed. So, how many of us truly enjoy life as it unrolls? How many of us remember that everyone is entitled to choose its own playgrounds according to its own expectations from life? How many of us keep forgetting that life is all about playing? No wonder we tend to learn and enjoy life the most as kids, stage of life where we create, develop and expose profusely.



CREATE: to realize ourselves

We start creating pretty early in life. Home is usually the playground where it all starts. This is where we first learn how to talk, how to walk, but most importantly how to play and realize ourselves. For home is ideally a playground where we find supervision, encouragement and hope.





DEVELOP: for the sake of progress

The more we use playgrounds that are adapted to our development needs, the better we seem fit and the faster our environment rises to an overall improvement. For example, in proper career playgrounds, we can often witness people envision, organize and deploy actions in collaboration with others for the sake of progress.





EXPOSE: to have an influence

Serious creativity and development rarely go without having an influence on its environment. Once exposed, they are elements that allow several playgrounds to coexist by introducing, comparing and shaping one another as a society.



It takes 3 elements to...

create our daily time
seconds / minutes / hours

Roles operational triad

model

coach

Teach

We all play roles in life. Now, are we always happy about the roles we play? Certainly not! For like actors, until we reach a certain level of play, we barely have no say in the attribution of roles. And even then, circumstances might throw us away from our coveted position. That is why I deeply believe in the fact that no one should be living for a passion, but rather live passionately. Now there are gazillions of roles to play in life, but likely **3** basic ways of playing them. For it seems most of us model, coach, and teach our way through life.



MODEL: to be a reference

To model is simply actualized by being an example, a stereotype or a standard to reach, no matter the virtue. Basically, we are all models, good or bad. And modelling is the most instinctive way to be a reference.





COACH: to validate

A more active way of playing our role is by coaching. It usually consists of guiding, motivating and supporting "rookies or not", by validating them with confidence, no matter their status.





TEACH: to equip

Teaching, for its part, is more focused on telling, showing and evaluating. For a teacher's role mostly consist of helping others to acquire the skills they need to face the challenges of life.



It takes 3 to...

...



Where do we go from here?

Some would say that the answer resides in each and every one of us. Some would decide to push beyond the **fkrt3**'s mandala (cover page).

A bunch of people would also build their own mandala. Doing so by selecting their own priorities of Life triad.

Then choosing the targeted contexts according to **3x3** other elements.

And finally, looking at how to take action in line with the last 3x3x3 elements. And then push it further ...

Or not !?

Thank you

to everyone, everything, and
every feeling that ever crossed my
path for the last 3x19 years ...
hoping you know all that you
mean to me.

-x^v

x^v



I'm a jack of all trades that puts genuine
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